

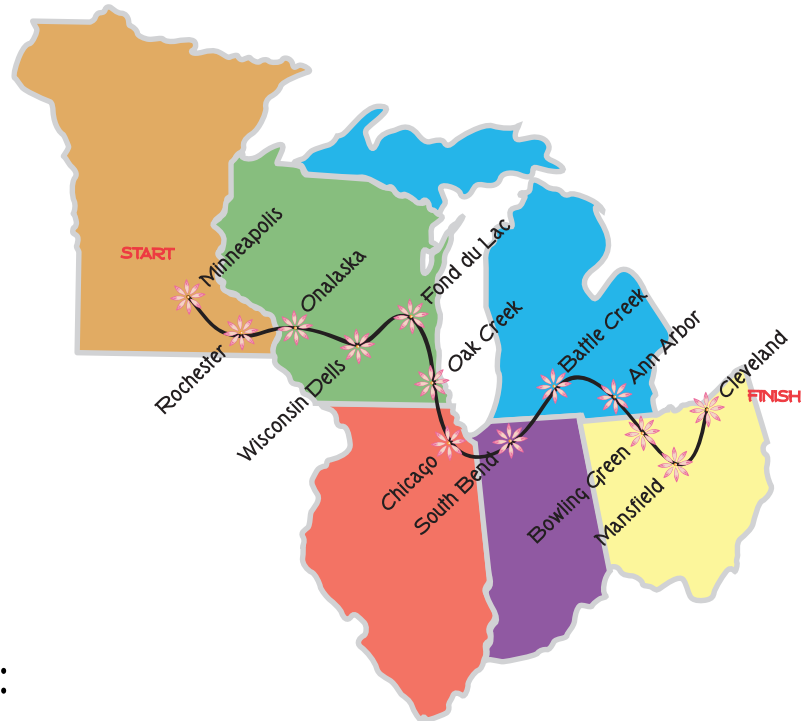
W.O.W. Great Lakes Challenge

Women (and girls!) Out Walking on a Virtual Course

Sponsored by: Office on Women's Health - Region V, U.S. Department of Health and Human Services

Join our 12-week walking challenge beginning Sunday, May 8th - Mother's Day, to kick off National Women's Health Week

Walk a virtual course across the Great Lakes states. Register and receive a tracking log, weekly motivational emails, and progress updates.



Three Ways to Participate:

Girl/Woman Intergenerational Teams - one girl (age 9-17) and one woman (age 18+):

- ▲ Each participant will receive a pedometer and a tracking log - FREE!
- ▲ Fun prizes will be awarded
- ▲ Register by April 21, 2005 or while supplies last

Two-Person Teams - women (age 18+):

- ▲ You will need to provide your own pedometer and download your tracking log
- ▲ Register by May 1, 2005

Individuals

- ▲ You will need to provide your own pedometer and download your tracking log
- ▲ Register by May 1, 2005



Register at www.womenshealth.wisc.edu/programs/wow/



U.S. Department of
Health and Human Services,
Office on Women's Health



www.nhlbi.nih.gov



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